

## STANDING, DUELLING

From a chair

Good ground for you.

From the breathing, extended, necessary, to tensing... deep breathing

It is good for the lungs and the abdomen.

From a chair BIKRAM'S YOGA COLLEGE OF INDIA

Yoga is a process of self-discovery... a process of life.

## Beginning Yoga Dialogue

Stretch by our heart and take the right path.

Stretch back, stretch forward, stretch the sides,

Stretch as much as long and as slow as possible.

Stretch it by the front and out to the sides, but in the front, mostly the front.

Use your arms and hands, as fully as possible.

Then hold, hold,

And then release, relax in about 10 seconds, hold again.

And through the process, your body will be well balanced, your mind will give

more attention to the balance, condition, and rest.

Stretch forward.

Stretch, always, especially when calling us from possible need when you do not know.

But we find an instant stretch that you will stretch for as your efforts come, and you should be

stretching now, as in front of your chest.

Stretch now also, as far as I can away from your chest to the outside.

Shoulder rotation posture.

Arms, while bent down, stretching towards the ceiling.

Stretch, your forearms, along with the shoulder and neck, may expand to include the spine.

Make sure your spine is perfectly straight. The torso feels

lengthened up, past your head back and neck back, there is little bend.

Please make sure you're relaxed to the extreme. Easy connects tension, tightening, to

tightness, like glass.

Second via dialogue, back straight, not yet tight back. This means, you can move your back

to expand them, or 10 degrees, two sets each. Turn the waist according to that movement. Start to turn to the right and back off with both hands to make sure they are not angled around the midline and you are upright.

#1

## STANDING DEEP BREATHING

Prana Yama

Good morning everyone.

First is the breathing exercise, pranayama breathing, deep breathing.

It is good for the lungs and respiratory system.

This exercise expands your lungs to their maximum expansion capacity.

And it improves the elasticity of your lungs.

Please listen carefully.

Inhale by the nose and exhale by the mouth.

Inhale and exhale should be through the throat.

Breath as much, as long and as slow as possible.

Breath in by the nose and out by the mouth, but all the time through the throat.

Use your nose and mouth as only a passageway.

Toes and heels together.

All five fingers interlocked nicely under the chin, full grip.

All through the posture, your hands should be touching with your chin like glue.

Look at one spot on the mirror, meditate, concentrate.

Begin please.

Inhale, elbows up sideways to the ceiling as far as possible until your shoulders hurt.

Exhale, head up, look back behind you and slowly bring your elbows down until your elbows are touching each other in front of your chest.

Stretch your elbows forward away from your chest to the mirrors.

Shoulders relaxed position.

Again, inhale head down, elbows up towards the ceiling.

Suck in your stomach, depression of the abdominal wall, rib cage should be visible in the mirror.

Make sure your spine is perfectly straight. No hunch back.

Exhale, head up, push your head back until your neck hurts a little bit.

Push your hips a little forward to the mirror. Hips muscles contract, tightening up, solid, concrete, one piece.

(Second set dialogue: Inhale so much that you feel dizzy. This means you are doing very well.)

(Repeat through 10 times, two sets each. Correct the student according to their mistakes. Stand in front of beginner and hold elbows with both hands to make sure the six second breathing is synchronized perfectly together.)

Arms over your head sideways  
Palms together interlock the fingers close the index

Backward bending, everybody together.

Your back is going to hurt like hell, don't be scared.

Take a deep breath, full lungs and relax your head all the way back as far as it goes.

Look at the wall behind you. *Hold it*

Push your arms back, trying to touch the wall.

Your spine is bending backwards from the coccyx to the neck.

Arms back, lean back, way back, fall back.

Maximum body weight on the heels.

Stomach, legs, hips forward towards the mirror.

If your back hurts, that's OK, it's supposed to hurt.

Arms back more, fall back, weight is on the heels.

Hips forward more.

Come up and stop in the middle.

Next is pada hastasana, hands to feet pose. *Hybrid forward*

Bend your knees and move your hips several times right and left, right and left, to make sure the lower spine is totally nice and relaxed, loose, comfortable, easy, flexible.

This is a u-turn from back bending to forward bending, so please do it carefully, your spine is not warmed up yet.

Bring your fingers under the heels, two little baby fingers should be touching together side by side underneath your heels. Please do not lose the grip.

Throughout the entire posture, keep your elbows behind your calf muscles. Do not move.

Pull on your heels as much as possible, stretching your body down from the lower spine towards the floor.

Touch your stomach on the thighs, chest on the knees, face on the leg below the knees.

Your whole body is touching the legs like a sandwich. No gap anywhere.

Slowly push your knees back as hard as possible, trying to lock your knees.

You are trying to create tremendous stretching feeling, pain, all over, underneath your legs; inside-out, from coccyx to toes, bones to the skin with your smiling, happy, face. From the side your body looks like a Japanese ham sandwich.

Your goal is to touch the head to the feet. You are trying to create 360 degree stretching, coccyx to toes, coccyx to forehead.

Your face is touching your shins.

Your whole body is touching the legs.

Last chance. Roll forward.

Exhale breathing. Eyes are open.

Lock the knees.

Come up, keeping your arms and head together.

#3

### **AWKWARD POSE**

#### **Ut Ka Ta Sana**

Next is Ut Ka Ta Sana, awkward pose.

Place your feet six inches apart, toes on the line, looks an "H".

Do not change your feet through the entire posture.

Arms up parallel to the floor.

Elbows locked.

Keep your five fingers together touching each other.

Stretch your arms forward like you're trying to touch the mirror.

Flex all your arm muscles.

Concentrate on one point on your forehead.

Exhale breathing.

Suck in your stomach, hold it and make sure your rib cage is visible in the mirror.

Sit down, 100 percent body weight on the heels, keeping your feet in flat position.

Sit down until your hips touch the chair.

Bend your total spine backward, bringing your upper body back.

You should feel as if you are about to fall down backwards.

Suck in your stomach, compressing the abdominal wall.

Knees open more, keep 6 inches between your feet, ankles, knees and wrists.

Chest up. Chin up.

Lean back. Fall back. Way back.

Like you're going to almost lose your balance.

Fall back more.

Inhale breathing and come up.

Keep your arms there.

---

#### **Part 2:**

Tremendous concentration, focus one point in the mirror, don't blink your eyes. If you blink your eyes, you might lose the balance.

Stand up on your toes maximum like a ballerina.

Stretch your spine, body, chest, whole upper body up to the ceiling like natural human traction.

Exhale breathing, suck in your stomach and slowly sit down on the top of your toes.

Sit down, knees up, chest up, spine straight position, upper body leaning back.

Come up higher on the toes, knees up toward the ceiling.

Make sure you feel your hips and head touching the wall so your spine is straight. Hips should not go down below the chair, you are sitting on the chair.  
Inhale breathing and come up, keep your arms there.

**Part 3:**

Come up a little bit on your toes.

Bring your knees together.

Exhale breathing, suck in your stomach and straighten your spine.

As slow as possible, taking at least 10 counts, sit down all the way onto your heels, hips touching the chair. *heels*

Continuously stretch your spine towards the ceiling creating natural human traction, 1/2 inch gap between hips and heels.

Your back is against the wall, hips and head are touching the wall, no gap anywhere.

Thighs are parallel to the floor, arms are parallel to the legs, spine perfectly straight so from the side your body looks like a box.

Everybody bounce like a motorcycle ride to make sure you have control.  
Take a deep breath, spine straight position and come up.

**Stretch knees forward  
(correction)**

(2nd set: Stop when there is a 6 inch gap between hips and heels, then take another 10 second to go down like an elevator.)

#5

## STANDING HEAD TO KNEE POSE

Dan Day Amana - Jan U Shi Ra Sana

Feet together nicely at the line.

Wipe your hands.

Grab the right foot, interlocked fingers, 3 inches below the toes.  
Please, nice tight grip, do not loose the grip.

Set up

Focus one point on your left in the mirror.

From the beginning, keep your left knee absolutely locked throughout the entire posture.  
Your knee locked solid, concrete, one piece, lamppost, unbroken, you do not have a knee.

lock leg

Inhale breathing, slowly, gently, right leg lift up towards the mirror until your leg is exactly parallel to the floor. No higher. No lower.

Continuously kick your right leg out towards the mirror, your trying to turn your right foot from the ankle to your face with all the five toes turning in.

kick out  
turn in  
toes

Kick your right heel out, turn your toes in.

Breath normal.

You should feel tremendous stretching feeling underneath your legs.

Kick your heel out until your both knees are locked, both legs perfectly straight so from the side your legs look like an L like Linda.

feel stretch  
both legs  
locked  
" "

If the standing knee is bent, the posture has not begun.

If you can maintain this position comfortably then slowly bend your elbows down towards the floor until your elbows are touching the calf muscles.

Eventually the elbows should go down below the calves.

Still, if you can maintain this posture, then slowly lower your head to your knee.

reinforcement

bend  
elbows

lower  
head to  
knee

Change.

Left Leg.

(Second set dialogue: Never remove your eyes from your standing knee. Never bend the knee.)

Stretch, stretch, stretch.

Inhale breathing, stand tall, keeping your arms in front of your head.

#6

## STANDING BOW PULLING POSE

Dan Day Amana - Dhan U Ra Sana

Bend your right arm so your elbow is touching your waist.

Right palm is up in front of you, facing up as if you are asking for money from your Mom.

Do not change your palm, do not drop the money.

Turn your right hand to the right side, elbow touching the body, five fingers together.

Right leg lift up, grab the right ankle from the inside.

Fingers facing out, all five fingers together.

Nice tight grip, don't loose the grip.

Lift your left arm up in front of you, chin close to your shoulder

Concentrate one point on your left knee in the mirror.

Bring your knees together.

Left leg remains absolutely locked.

Inhale breathing, charge your body towards the mirror, trying to touch the mirror.

Simultaneously kick your right leg up towards the ceiling.

Bring your body down until your abdomen and chest are exactly parallel to the floor.

Continuously kick your right leg up as hard as possible.

Your foot should be coming up over the top of your head in the mirror.

Both feet should be in one line from the side.

Right shoulder stretching back, you should not be able to see your right shoulder in the mirror, it should be invisible.

Stretch your left finger tips to the mirror, trying to touch the mirror.

Try to touch your chin to your left shoulder, scapula should come out of your body.

Both shoulders should be in one line.

Kicking and stretching should be equal and simultaneous: 50/50.

If you loose your balance, you are not kicking hard enough.

Body down more.

Stretch forward, try to touch the mirror.

Kick back harder.

Body down and kick up one more time.

Change.

(Repeat for left side.)

75 years ago: Guru said

mental stress & stress is the  
cause of all the diseases - even  
infectious ones.

#7

### BALANCING STICK POSE

Tula Dan Da Sana

This posture is only ten seconds so from the first moment, so give 110% of your strength.  
You can't afford to lose the balance.

Feet to the line nicely please. Toes and heels together.

Arms over your head sideways.

Palms together.

Interlock the fingers, release the index finger, keeping the thumbs crossed.

Stretch your arms up to the ceiling like you are trying to touch the ceiling to make sure  
your elbows are locked, arms touching with your ears like glue.  
No gap between your arms and head.

Chin up.

Body back a couple of inches.

Inhale breathing.

Right leg step forward one big step.

From the beginning, make sure your right knee is locked, solid, concrete, lamppost, no  
knee.

Arms and head together, come down until your whole body, arms, head, leg, everything is  
parallel to the floor.

From the side, your body looks like the letter "T" as in Tom.

Charge your body forward like you're trying to touch the mirror.

Left leg up, toes pointed, leg remains straight.

Squeeze your head with your arms.

Continuously stretch your body forward, try to touch the mirror.

Chin forward, focus one point on your standing leg toes in the mirror.

Whole body is pulling in opposite directions. Scapula coming out of the body, shoulders  
are supposed to hurt.

Left leg up, body down.

Use more strength towards the end. If you're losing the balance, charge your body  
forward like you're trying to touch the mirror.

Stretch, stretch, stretch.

Inhale breathing, come up, keeping your arms over your head.

#8

## STANDING SEPARATE LEG STRETCHING POSE

Danday Amana-Bib Hak Tapada-Paschi Mot Than Asana

Chu

Feet together nicely.

Right leg step to the right, four feet minimum.

Heels in one line, feet slightly pigeon toed.

Arms down parallel to the floor.

Suck in your stomach and slowly bend your upper body down from the lower spine towards the floor, roll forward.

Keep your chin lifted, looking in the mirror and your knees locked.

Grab the heels or the feet from the side, five fingers together nicely, thumbs touching with the index finger.

Pull on your heels as hard as possible, stretching your body down from the lower spine towards the floor.

Roll forward like a wheel.

Try to touch your forehead to the floor.

Your spine should eventually be perfectly straight from the coccyx to the neck, forehead touching the floor between the heels.

If you can not touch your forehead to the floor, open the legs more.

If your forehead is easily touching the floor, bring your feet closer together.

Make sure your knees are locked throughout the posture. Chin up, look up, roll forward.

First your leg is stretching, then hip is stretching, then lower spine is stretching, then whole spine is stretching.

Eventually the whole body is stretching, 360 degree angle, inside out from bone to the skin, fingers to the toes.

Pull harder.

Chin forward.

Roll forward, forehead to the floor.

Inhale breathing, slowly come up.

#9

## TRIANGLE POSE

Tri Kan Asana

Feet together.

Arms up over the head.

Right leg step to the right, four feet minimum.

Immediately bring your arms down parallel to the floor, palms down.

Push your hips forward, chest up, upper body and arms back opening your chest.

Turn your right toes to the right side, pivoting on the heel.

Turn half inch more until foot is parallel to the front mirror, two heels exactly in one line.

Inhale breathing, bend the right knee and sit down until the thigh biceps is parallel to the floor so your right leg looks like upside down L like Linda, knee is directly over the ankle, right leg knee at 90 degree minimum.

Bounce a couple of times to make sure you are down all the way.

Stay down there, do not move your hips during the entire posture.

Bring your upper body and arms back, hips forward, spine is straight in the center.

Move your both arms at the same time, right elbow in front of the right knee.

Put your fingertips between the big toe and the second toe, no pressure on the fingertips against the floor.

Look up towards the ceiling, touch your chin to your shoulder.

Profile of your face is visible in the mirror.

Stretch your left arm up to the ceiling from the shoulder/scapula like you're trying to touch the ceiling.

Right arm stretches down so both arms are stretching up and down in opposite directions like natural human traction.

Push your left hip forward towards the mirror.

Push your right knee back with the help of the elbow.

Open up your rib cage like a flower petal blooming. This is a marriage between the heart and the lungs.

Upper body twists backward like spinal twisting posture.

Elbow should not go below the knee.

Do not lean any weight on your right elbow against the knee.

Body up more, hips down more.

Stretch and reach one more time, creating natural human tug of war.

Left knee locked and left foot flat on the floor.

Inhale breathing, come up and stop in the middle.

Turn left foot to the left side and repeat.

#10

## STANDING SEPARATE LEG HEAD TO KNEE POSE Dandayamana Bib Hak Tapada Janu Shi Rasana

Feet together nicely.

Arms over the head sideways.

Palms together, thumbs crossed.

Stretch your arms toward the ceiling, elbows locked, arms touching with the ears.

Right leg step to the right, big step, (3 feet minimum, 36 inches.)

Turn your whole body to the right on your heels, and face the right side of the room.

Turn your hips 5 more times in order to bring your both hips exactly in one line from the side.

Heels are in one line.

Your back foot is at a 45 degree angle.

Exhale breathing, suck in your stomach, tuck your chin to your chest, keep your arms and head together, and slowly go down towards the floor and touch your forehead to the knee, Hands are on the floor away from your toes so your elbows are always straight.

Try to create tremendous stretching feeling underneath your legs with your smiling, happy face.

As a beginner, open your hands and touch the floor, bend your right knee and touch your forehead to the knee.

If your forehead is not on the knee, the posture has not started yet.

Stretch your arms forward, locking your elbows.

Push your hands against the floor and suck in your stomach, rounding your back and pushing with your forehead against the knee until the knee is locked.

Bring maximum weight on your right leg and twist your hips until the right hip is sticking up towards the ceiling to bring both your hips exactly in one line from the side.

Bring your forehead further up the knee.

Exhale breathing.

Eyes remain open.

Suck in your stomach.

Lock the knee.

→ DO NOT COMPROMISE  
FOREHEAD to KNEE

Inhale breathing and come up keeping your arms and head together.

Stop in the middle.

(Second set: This pose is a combination of the rabbit posture compression and the balancing stick stretch. This is not a stretching posture. This is a head to knee posture. A marriage between the thyroid and pineal gland. Compression of pancreas and kidney.)

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→ more fresh O<sub>2</sub> = heart produce <sup>13</sup> more blood = improved circulation

→ O<sub>2</sub> cleans blood

#11

## TREE POSE

Tad Asana

Feet together nicely at the line.

Focus on one spot in the mirror. *focus*

Grab your right foot with your left hand. Right leg lifts all the way up until your heel is touching your costume, sole of the foot is facing the ceiling.

Be careful of the right knee.

Slowly, gently push your right knee back.

Bring your right hand in prayer position (namaskar).

Push your hips forward towards the mirror and gently push your knee back.

You are trying to bring the knees in one line from the side.

Upper body leaning back like in triangle posture.

Stretch your spine to the ceiling and suck in your stomach.

Still if you are balancing there, then bring your other hand into namaskar.

If your foot is sliding, continue to hold your foot.

Lock your left leg.

Contract your thigh.

Spine is straight.

Suck in your stomach.

Focus on one point, eyes open.

Breathing normal.

Stay there.

Change.

*Bad knees -> do best you can*

## #12 STRUCTURE

### TOE STAND

#### Pa Dan Gust Asana

Feet together.

Focus on one point on the floor four feet in front of you.

As in Tree Pose, bring your right foot up onto the middle of your thigh.

Hands in prayer position.

bend forward from lower spine

bend from left leg - touch floor

Slowly bend forward from the lower spine, bend the left leg and touch the floor with both hands.

Slowly bring your hips down and sit down onto your heel.

Stretch your spine up to the ceiling, hips up, balancing on your both fingertips.

SPINE ↑ ceiling hips up

Both knees should be in one line, parallel with the floor

both knees in one line parallel w/ floor

Again focus one point on the floor four feet in front of you.

focus one point 4 feet in front

Slowly bring your left hand up in front of your chest.

Then your right hand up.

Stretch your spine up to the ceiling.

stretch spine ↑ ceiling

Suck in your stomach.

Suck in stomach

Balance there.

Change.

## **INSTRUCTIONS**

That was the warming up exercise, now the class begins. Every exercise in the world you do, you burn energy/calories like driving a car burns gas. The tank is empty, you need to fill it up again. Hatha Yoga class is a gas station, it is the only place in the world where you gain energy instead of burning energy. Asana is the only natural physical activity in the world because it is scientific with the help of science, we can explain nature.

#13

### **DEAD BODY POSE**

Sa Va Sana

Lie down flat on your back.

Relax completely.

Feet and heels are together.

Arms are on the towel, palms facing up.

Eyes remain open.

Breath normally.

Don't move.

(This posture will relax eyes.)

(This posture relaxes the entire body.)

(For a better effect, if you want better alignment move to the right and hold it and pull hard enough to relax your hip joints.)

Arm and leg pose (Right side)

Left leg up... (repeat for other side)

### **ROTATION**

Block legs on to your chest, pull your both elbows over the legs, 2 hands below the knees.

Arms over the legs, nose and right ear, compact.

Chair on the chest,

push flat on the floor

Feet relaxed position

Eyes open, breathing normal

Finish time

20 seconds.

Take 10 seconds.

(Second sit, right leg is straight, the remaining elbow, left leg also is straightening from the remaining elbow, both legs are straightening the knee on the floor.)

**#15**  
**SIT-UP**

Toes and heels together.  
Feet flexed, heels on the floor.  
Arms over your head, arms and head together.  
Inhale breathing, quickly sit up.  
Exhale breathing, reach for your toes, double jerk.  
Touch your forehead to your knees.

Turn around and lay on your stomach for spine strengthening series.

#14

**Pa Va Na Muk Ta Sana**  
**WIND REMOVING POSE**

Right leg lift up, grab the right leg 2 inches below the knee, interlocked fingers, nice tight grip.

Slowly pull your right knee down all the way to your right shoulder, completely avoiding the rib cage.

Make sure the left leg, left knee is straight so the calf muscle is touching the floor, if not, then flex the foot.

Chin down toward your chest until your neck is flat on the floor with no gap under it.  
Bring your elbows close with the body.

Shoulders relaxed, touching with the floor.  
Pull down more and freeze.

Eyes remain open.

Breath normally.

Freeze there. Don't move. Don't even blink your eyes.  
Make sure the hip joint hurts.

Your creating maximum pressure in the lower abdomen.

As a beginner, if your knee doesn't come down to the right, just hold it and pull hard enough to create pain in the hip joint.

Arms and legs on the floor.

Left leg up....(repeat for other side)

**(BOTH SIDES:)**

Both legs up to your chest, grab your both elbows over the legs, 2 inches below the knees.

Arms over the legs, nice and tight grip, compact.  
Chin on the chest.

Neck flat on the floor.

Feet relaxed position.

Eyes open, breathing normal.

Freeze there.

20 seconds.

Relax in savasana.

(Second set: right leg is massaging the ascending colon, left leg side is massaging the descending colon; both legs are massaging the transverse colon.)

#16

### COBRA POSE

Bhu Jan Ga Sana

Turn around. Lay on your stomach.

Chin forward flat on the floor.

Legs and feet together.

Place your hands/palms underneath your chest.

Fingertips are in line with your shoulders, baby fingers under the shoulders.

Throughout the entire posture, hands/palms flat on the floor, five fingers together.

Palms remained glued flat on the floor.

Do not move your hands.

Keep your heels and feet together.

Hip and leg muscles are tight, solid, concrete, one piece as if you have only one leg like a cobra tail.

Throughout the posture, meditate that you have only one leg.

From the beginning, push your shoulders down towards the floor so your elbows are touching the hip muscles.

Look up to the ceiling.

Inhale breathing, gently lift the upper body up from the floor with the help of 100% back strength.

Only the belly button is left touching the floor, the rest of the upper body is in the air.

From the side, your arms should be making a 90 degree angle like the letter L like Linda.

Keep your elbows touching the body.

Stretch your elbows down toward the hips to bring your shoulders down more.

Trapezius muscles should be visible in the mirror.

Use your back strength, this is not a pushup.

Back should hurt.

Look up to the ceiling.

Chest up more.

Using the spine strength, come up a little more.

Eyes open, breathing normal.

Freeze.

Gently come down.

Arms by your side.

Head resting on the side.

adjust person by standing  
next to them

#17

## LOCUST POSE Sa Lab Ha Sana

Lie down on your stomach with your chin forward on the floor.

This posture is for only 10 seconds so use 110% of your body strength.

Arms straight position, put your arms under your body, hands/palms facing the floor.

Elbows completely invisible underneath the stomach. Elbows are supposed to hurt.

Fingers spread, little baby fingers touching each other.

Grab the floor with your fingertips.

Elbows are supposed to hurt.

Chin forward.

Relax your left leg.

Right leg is solid, concrete, one piece like a lamppost.

Point your toe and lock your knee.

Inhale breathing and slowly lift your right leg off the floor.

Your leg is making a minimum 45 degree angle, half of 90.

Look in the mirror and make sure your leg is straight, knee is locked, toes are pointed.

Leg is exactly behind your head in one line, don't twist your hips.

Lift up more.

Change, right leg down.

(Repeat for left leg.)

(3rd part:)

Mouth on the floor.

Re-adjust your hands/palms.

Open your fingers as far as possible. Grab the floor with your fingertips.

Feet are together.

Hip muscles are solid, concrete, one piece.

Throughout the entire posture, keep your knees locked and toes pointed like you have only one leg.

Inhale breathing, full lungs, and bring both legs off the floor as high as possible.

Continuously lift up, lift more, using your back strength.

Feet together.

Toes pointed. Lock the knee.

Inhale breathing and lift up more.

Make sure your elbows and back hurt.

Lift up. Go up.

Slowly lower both legs down.

Arms by your side, relax.

#18

## **FULL LOCUST POSE**

**Poorna Salab Hasana**

**Stretch your arms out to the side like airplane wings.  
Palms down and fingers spread.**

**Palms down and fingers together.**

### **Chin on the floor.**

**Squeeze your legs and feet together**

Hip and leg muscles are tight, solid, concrete, once piece as if you only have one leg.  
Lock your knees, point your toes

**Look up to the ceiling, inhale breathing and slowly lift everything up like a 747 taking off.**

Chest up.

**Arms back**

#### **Feet up**

Fingertips and head should be at the same level.  
Only your hip bones should move.

**Go up, look up, come up, chest up, body up, everything more up.**  
**Feet up more. Back up.**

**Slowly relax... come to you.**

#19

## BOW POSE

Dha Nur Asana

Chin on the floor.

Bend your knees and hold your feet from the outside, exactly 2 inches below the toes.  
Nice tight grip, don't lose the grip please.

Don't bend your wrists.

All 5 fingers together.

Make sure your thumbs are touching with your fingers.

Place your arms, knees, and feet six inches apart, throughout the entire pose, like 2 wheels in one base.

Point your toes.

Look up, inhale breathing and gently kick up.

Continuously kick up towards the ceiling and back behind you.

Don't stop kicking up.

Roll forward if you need to, until your toes are in the center from the side, toes are out.  
Balance on the center of your abdomen.

Point your toes toward the ceiling.

Straighten your wrists.

Look up, kick up, kick harder

Gently release.

Feet together, arms by your side.

(Second set dialogue: 360 degree angle back bending posture against gravity.)

#20

**FIXED FIRM POSE**  
Supta Vajrasana

Come to the top of the towel.

Sit down Japanese style, knees together.

Separate the feet and sit down between the heels so your hips are touching the floor.  
Heels are touching the hips throughout the entire posture.

Put your hands on your feet, fingers forward, thumbs on the inside.

Exhale breathing, slowly go back.

Bend your right elbow, touching the floor, then the left elbow.

Drop your head back and touch the floor with the top of your head.

Touch your shoulders down to the floor

Then relax your whole upper body comfortably on the floor.

Bring your arms up over your head and grab both elbows with a nice, tight grip.

Pull your elbows towards the floor, eventually the elbows should touch the floor.

Chin down towards the chest.

Neck flat on the floor.

Bring your knees together, touching each other.

Eyes remain open.

Breath normally.

Change.

#21

## HALF TORTOISE POSE

Ardha Kur Ma Sana

Come to the middle to the towel.

Sit down Japanese style, knees and feet together.

Bring your arms over the head sideways, hands/palms together, thumbs crossed.

Lock your elbows, arms touching with the ears, chin up.

Stretch your arms up to the ceiling like you're trying to touch the ceiling, spine perfectly straight.

Throughout the entire posture keep your hips touching your heels.

Suck in your stomach.

Exhale breathing and go down.

Touch your forehead to the floor.

Touch your little fingers on the floor, the rest of your arms in the air so your elbows are locked.

Reach your arms and body forward more like in balancing stick pose.

Make sure your shoulders hurt.

Scapula is coming out of the body.

Heels remain touching the hips.

Chin away from the chest.

Eyes are open.

Suck in your stomach.

Breath normally.

Inhale breathing and come up.

Arms and head together.

Stop in the middle, arms down by your side.

Turn around, lie down and relax in savasana.

#22

## CAMEL POSE

Ustra Sana

287  
1078

Come to the top of the towel.

Stand on your knees.

Feet and knees six inches apart, on the inside.

Place your hands on your hips, thumbs on the outside, fingers facing down.

Take a deep breath and push your hips forward.

Drop your head back, go down half way and stop in the middle.

Slowly bring your right hand down and grab the heel, keeping your thumb on the outside.

Then left hand down and grab the heel, thumb on the outside.

Keep a strong grip, do not loose the grip.

Exhale and push your hips, thighs and stomach forward as far as possible.

Use all your strength and push forward more until your back hurts like hell.

This is a 360 degree angle backward bending for gravitation.

Chest up more.

Push forward more.

Look back.

Exhale and push.

Inhale breathing and come up.

Placing your hands on your hips.

Stop in the middle.

Turn around, lie down and relax in savasana.

(Second set: From the coccyx to the neck, joints of each and every vertebrae are stretching like a pearl necklace bending. -- Knees should be eight inches apart.)

#23

## RABBIT POSE

Sasang Asana

Come to the middle of the towel and sit down Japanese style, knees and feet together, hips on your heels.

Put the towel over your heels, grab the heels, thumbs on the outside.  
Keep a firm grip, do not loose the grip.

Tuck your chin to your chest and look at your stomach.

Exhale breathing, suck in your stomach and roll forward until your forehead touches your knees.  
The top of your head will automatically touch the floor.  
There should be no gap between the knees and the forehead.

Exhale and pull on your heels as hard as possible.

Simultaneously lift your hips to the ceiling, all the way up.

Roll forward like a wheel until your arms are straight and elbows are locked.

If there is a gap between your knees and forehead, walk your knees one by one until your knees touch the forehead.

Throughout the posture, keep your feet flat on the floor, no gap under the ankle.

Neck should hurt, throat choked, eyes open, exhale breathing, breathing normal.

You should feel your spine stretching from the coccyx to the neck.

Lift your shoulders up towards the ceiling.

Exhale breathing and suck in your stomach, depression of abdominal wall.

There should be very little weight on the top of the head.

As a beginner, it's easy to stretch the neck and upper spine.

Make sure you pull your heels hard enough and roll like a wheel, stretching your lower and middle spine.

Coccyx to the neck, joint of each and every vertebrae stretching and opening like a pearl necklace bending.

Come up and turn around, relax in savasana.

#24

### HEAD TO KNEE STRETCHING POSE

Janu Shi Rasana and Paschi Mot Than Asana

Turn around, sit on the floor and stretch your right leg out cornerwise.  
Bend your left leg, heel touching the costume, sole of your foot touching your inner thigh.  
Your two legs should be making a 90 degree angle.  
Arms over your head, interlock your fingers, stretch up out of the waist.  
Twist to the right, exhale breathing, suck in your stomach, tuck your chin to your chest.  
Bend down, grab your right foot two inches below the toes, pull back on your toes, heel  
should come off the floor in the air.

Look at your stomach, chin to the chest and bring your forehead to your knee.  
Keep your knee locked if possible with no gap between the legs and the floor under your  
knee.  
If you can't get your forehead to the knee, bend the knee until your forehead touches it.  
Bring your elbows to the floor next to your calves.  
Roll your left shoulder forward and down until your shoulders are in one line.

Pull back on your toes, round your back like rabbit pose, and push down on your knee  
with your forehead.  
Left knee should stay touching the floor. If not roll inside.  
Change. Extend the left leg. (repeat for left leg)

### PASCHI MOT THAN ASANA

Bring both legs out in front of you.  
Quickly lie on your back, bring your arms over your head.  
Come up immediately and grab your big toes with your index and middle fingers.  
Keep a very tight grip.  
Walk your hips back several times, left and right.

Inhale breathing and stretch your body forward towards the mirror.  
Chin up, always concentrate one point in the mirror.  
Exhale breathing, suck in your stomach and pull on your toes as hard as possible until your  
heels come off the floor.  
Lock your knees, pushing the back of the knees to the floor until there is no space  
between your legs and the floor.

Bend your elbows and touch your elbows to the floor.  
Flex your feet, toes back.  
Chest forward trying to bring your chest to your legs, spine is straight.  
Look forward in the mirror. Suck in your stomach.  
Exhale and pull.  
Your goal is to touch your forehead to your toes.

#25

### SPINE TWISTING POSE

Ardha Mat Syen Dra Sana

Bend your left knee in front of you and point the knee to the left side mirror.

Bring your right foot over the left knee corner so your right heel is touching the left knee.

Place your right foot flat on the floor.

Keep both hips flat on the floor comfortably to make sure your spine is perfectly straight.

Hip is touching the left heel.

Point your left toes.

Bring your left arm over your right knee. Elbow against the knee, touching each other.

Push your knee back as far as it goes with the help of your left elbow.

Turn your wrist in and grab your left knee with your left hand.

Look down. Your right heel, left knee and left wrist should be touching in one spot throughout the entire posture.

Don't allow your right heel to go away from the left knee.

Chin up, spine straight and look over your right shoulder.

(For beginners: bring your right arm behind you and push on the floor to make your spine straight.)

Bring your right arm behind your back, palm facing out, try to grab the thigh with your fingertips.

Twist to your right as far as possible.

Chin is over the right shoulder.

Your whole spine is twisting from the coccyx to the neck.

Hips flat on the floor, stretch up.

Look more over your right shoulder.

Chin up.

Exhale and twist more.

Joints of each and every vertebrae twisting and opening up like a pearl necklace.

Twist, twist, twist.

Change.

Other side.

#26

### BLOWING IN FIRM POSE

Kapal Bhati in Vaj Rasana

Sit down Japanese style facing the mirror.

We started with pranayama breathing exercise, good for the lungs and respiratory system.  
We end with another breathing exercise, blowing in firm pose, good for your digestive system and internal organs and abdominal muscles.

Hands on the knees, arms straight.

Throughout the entire pose, spine is straight.

Abdominal wall is perfectly relaxed.

Exhale breathing by the lips.

At the same time, pull the stomach in like a blacksmith bellow.

If you feel dizzy or cramps in the stomach, you're doing good.

Repeat.

Everyone have a good day!

Save for Darlene :)

## BIKRAM'S YOGA

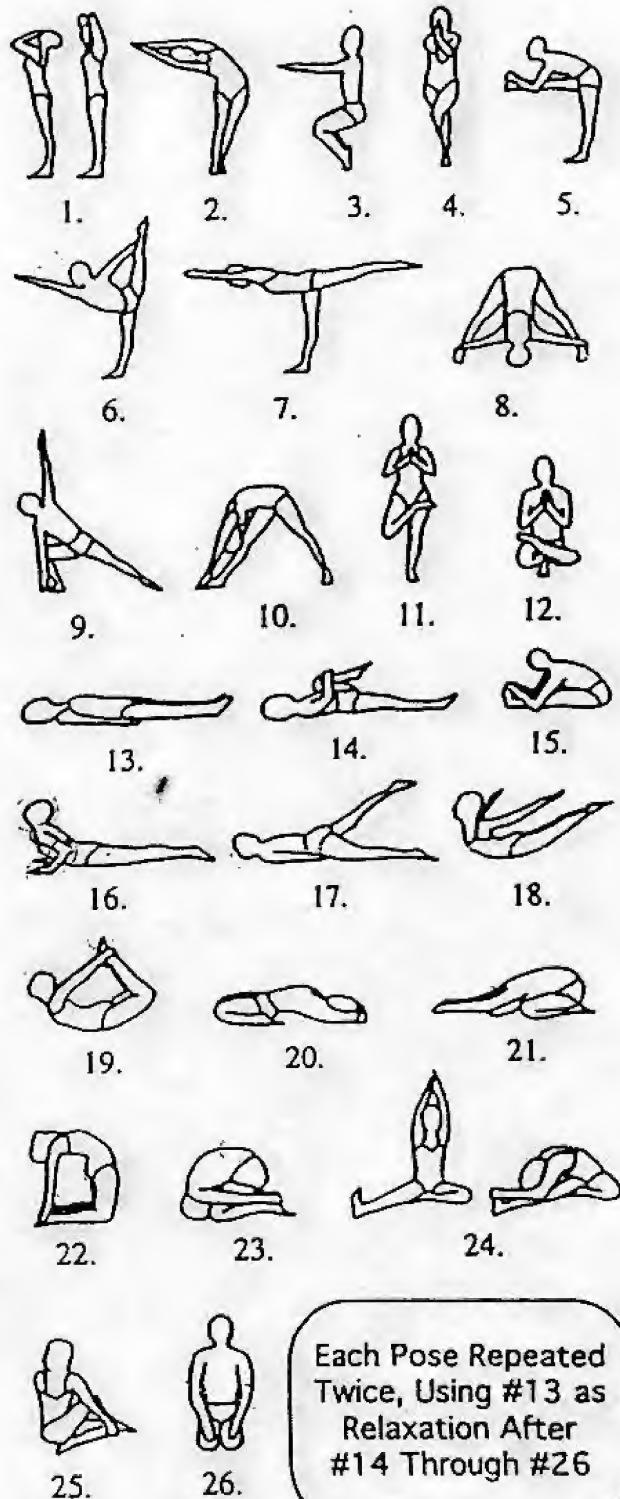
### Hatha Yoga Postures

- 1 Standing Deep Breathing
- 2 Half Moon Pose
- 3 Awkward Pose
- 4 Eagle Pose
- 5 Standing Head to Knee Pose
- 6 Standing Bow Pulling Pose
- 7 Balancing Stick Pose
- 8 Balancing Separate Leg Stretching Pose
- 9 Triangle Pose
- 10 Standing Separate Leg Head to Knee Pose
- 11 Tree Pose
- 12 Toe Stand Pose

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- 13 Dead Body Pose
- 14 Wind Removing Pose
- 15 Sit-up
- 16 Cobra Pose
- 17 Locust Pose
- 18 Full Locust Pose
- 19 Bow Pose
- 20 Fixed Firm Pose
- 21 Half Tortoise Pose
- 22 Camel Pose
- 23 Rabbit Pose
- 24 Separate Leg Stretching Pose
- 25 Spine Twisting Pose
- 26 Blowing in Firm Pose

To be most effective, yoga is best practiced daily.  
A minimum commitment of 10 lessons in 30 days is suggested to get the most from this yoga program.



Each Pose Repeated Twice, Using #13 as Relaxation After #14 Through #26

JESSICA TALISMAN

## Bikram Posture Flow

### 00:00 Begin

1) Pranayama > Standing Deep Breathing >> 2 Sets of 10 Breath's, 6 seconds each - wakes everything up - expands lungs - increases blood flow - improves circulation - disturbed sleep - high blood pressure

### 00:06 Both sets of Pranayama finished

1 min 1<sup>st</sup> set & 2<sup>nd</sup> set

2) Ardachandrasana / Padahastasana > Half Moon with Hands to Feet Pose, 10 sec each - quick energy & vitality - flexes spine - abdominal muscles - circulation of legs & brain - forward bending improves cell division & stimulates pituitary

3) Utkatasana > Awkward Pose, 10 sec each - aligns skeletal system - strengthens knees - menstrual disorders - relief of sciatica - concentration - liver - stomach - major muscles - circulation to hip

4) Garurasana > Eagle, 10 sec each - 11 major joints - CNS - lymphatic system - balance - sexual energy

### 00:25 Garurasana finished & Party Time

5) Dandayamana Janushirasana > Standing Head to Knee Pose, 60 sec 1<sup>st</sup> set, 30 sec 2<sup>nd</sup> set - concentration for meditation - reduces diabetes - back muscles - digestive muscles - biceps - triceps - hamstrings - thigh muscles - tendons

6) Dandayamana Dhanurasana > Standing Bow Pulling Pose, 60 sec 1<sup>st</sup> set, 30 sec 2<sup>nd</sup> set - heart & lungs - spine - digestive system - abdominal fat - concentration - patience

7) Tuladandasana Balancing Stick Pose > 10 sec each - heart muscle - clears blockages - muscles of spine

### 00:40 Tuladandasana finished

8) Danadayamana Bibhaktapada Paschimottanasana > Standing Separate Leg Pose, 20 sec each - relaxation - abdominal organs - hip joint flexibility - circulation in the brain & adrenal glands

9) Trikanasana > Triangle Pose, 10 sec each - whole body - tonicity - menstrual - heart & lungs - firms thighs, hips - slims waist

10) Danadayamana Bibhaktapada Janushirasana > Standing Separate Leg Head to Knee Pose, 20 sec each - thyroid & pituitary gland - pancreas & kidney - depression - memory - chest - blood sugar balance

11) Tadasana > Tree Pose, 10 sec each (vrkshasana) - posture & balance - flexibility ankles, knees, hips - concentration

12) Padangustasana > Toe Stand, 10 sec each - concentration - lotus preparation - balance

(50 min)

00:43 First Half of Class Finished

13) Savasana > Dead Body Pose, 2 min - returns body to normal - relaxation

**Deep Breathing Pose (6 count)**  
1 set of 10



**Half Moon & Hands to Feet Pose (20s)**



1<sup>st</sup> set  
1 MIN each side

**Forward Bending (20s)**



**Awkward Pose (20s)**



**Eagle Pose (20 sec.)**



**Head to Knee Pose (60/30s)**



**Bow Pulling Pose (20/30s)**



**Balancing Stick Pose (20/10s)**



**Separate Leg Stretching Pose (20s)**



**Triangle Pose (20 sec.)**



**Separate Leg Head to Knee Pose (20s)**



**Tree Pose (20s)**



**Toe Stand Pose (20s)**



**Wind Removing Pose (20/30s)**



**Sit-up, Jack Knife**



**Cobra Pose (30s)**



**Half Locust Pose (20/30 both)**  
**Locust Pose (20s)**



**Full Locust (20s)**



**Bow Pose (20s)**



**Transition Cobra Pose (20s)**



**Fixed Firm Pose (20s)**



**Half Tortoise Pose (20s)**



**Camel Pose (20 sec.)**



**Rabbit Pose (20 sec.)**



**Head to Knee Pose (20/30s)**



**Forward Stretching Pose (20s)**



**Spine Twisting Pose (20s)**



**Blowing in Fixed Firm Pose (60 count)**



**Sirasanā (Final Relaxation)**

